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BAD INFLUENCE

AS BREAKING BAD WRAPS UP ITS FINAL SEASON, STAR BRYAN CRANSTON MUSES ON WHAT ROLE COMES NEXT AFTER WALTER WHITE. HINT: IT COULD BE ANOTHER EVIL BALD GUY

PAGE 9

SUMMER MAINTENANCE PACKAGE

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Hundreds of Roughriders fans, such as Derrick Rosenfelt and his children Kaylee, left, and Talon, lined up at the Rider Store at Centre Mall on Sunday afternoon for a chance to get an autograph from Roughriders Renauld Williams, Ben Heenan and Kory Sheets. MORGAN MODJESKI/METRO

Nobody's perfect — and that's all right with Rider Nation

Team now tied for first in division at 5-1. Fans unfazed by Roughriders' first loss of the season

MORGAN MODJESKI
morgan.modjeski@metronews.ca

Spirits remain high within Rider Nation, despite the end to the team's perfect record.

Some fans feel the Saskatchewan Roughriders' 42-27 loss to the Calgary Stampeders on Friday night will help keep the Green and White in check.

"A loss is good," said Jim Leon, while enjoying a Sunday morning coffee in Saskatoon.

"That shows them that they're not unbeatable and that — how do you say — there's room for improvement," he said.

Regina native Joey Gadica added to the positive sentiment.

"The loss on Friday was inevitable, plus Calgary has a good team," said Gadica, while taking in the final day of the Regina Folk Festival on Sunday. "It will probably be us versus Calgary in the West final."

End of the streak, but we feel fine

"A loss is good. That shows them that they're not unbeatable and that ... there's room for improvement."
Riders fan Jim Leon

Tim Tress, who's been supporting the Riders since 1972, said while the strong start is similar to the way the Riders started the 2012 season, with a three-game winning streak followed by a five-game losing streak, the team has changed a lot since last year.

"The Roughriders are not quite the same team they were last year due to the coaching changes as well as some personnel changes," Tress said. "This loss they suffered on Friday night is going to be used as a building block to build for the rest of the season and they're going to learn from that."

The Riders are now 5–1 on the season and are tied for first with the Calgary Stampeders in the CFL's West Division.

The Roughriders' next game is against the Montreal Alouettes on Aug. 17 at Mosaic Stadium in Regina.

WITH FILES FROM MARCO VIGLIOTTI IN REGINA

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NEWS 1

2013 Exhibition marks another year of growth

Province's largest event. Roughly 225,000 attended from across Saskatchewan; event still growing, organizers say

MORGAN MODJESKI
morgan.modjeski@metronews.ca

It was a landmark year for the Saskatoon Exhibition as organizers say roughly 225,000 people attended the 2013 event during its five-day run from Aug. 6 to Aug. 11.

"The Saskatoon Exhibition is the largest event in this province and it will continue to grow," said Carl Schlosser, director of events with Prairieland Park. "We've already got plans for next year. We're looking at expanding our midway and making it more comfortable in our Kidsville area, because we have so many young families coming out."

Schlosser contributed this year's high attendance to a strong mixture of entertainment at the SaskTel Grandstand — with the likes of Big & Rich, Burton Cummings and Great Big Sea alongside a variety of rides and games within the fairgrounds.

"We try to bring something in for everybody to come out and enjoy," he said.

Alongside improvements inside the Exhibition, Schlosser noted for next year, organizers would also be examining how people get to the event, saying the new Circle Drive South Bridge will help alleviate some of the usual traffic trouble as people flock to Prairieland Park.

"We're trying to connect the park to the public," he explained. "Before, all the traffic from the north and the west points of Saskatoon came right through downtown … now we have a lot of that traffic coming over the new bridge, so our traffic patterns have changed … and we have to figure out we can manage those new traffic flows onto our property."

2013 was a landmark year for the Saskatoon Exhibition as organizers say roughly 225,000 people from across the province came out to enjoy the event during its 127th anniversary. JACOB MORGAN/METRO

The final day of the 2013 exhibition was Sunday, marking the end of the event's 127th year in the city.

Rally held for two former U of R students facing deportation

Rev. Kay Adebogun, of Regina's Rosemont United Church, speaks Sunday afternoon at a rally held in support of two former University of Regina students facing deportation orders. MARCO VIGLIOTTI/METRO

Supporters of two former University of Regina students facing deportation orders held a rally Sunday outside the Rosemont United Church urging the federal government to show "compassion" and let the students stay in Canada.

"We feel their pain, we feel their struggle and we're saying they made a mistake but the punishment is too much for the crime," organizer Rev. Kay Adebogun said about Nigerian students Victoria Ordu, 21, and Ihuoma Amadi, 22, who have been hiding in a Regina church for the past fourteen months after they were found to be violating the terms of their student visas.

The students say they were unaware that their visas prevented them from working outside of the U of R campus before Amadi took a job at a local Walmart and Ordu found employment for an agency that did demonstrations at the store.

Warren McCall, NDP MLA and critic for post-secondary education, said the students are enduring a "tremendous ordeal" and called for the federal government to reverse the deportation orders.

He said the case is even more galling because the federal government plans to implement changes to the visa program that would allow international students to work off campus.

Trent Wotherspoon, NDP MLA for Regina-Rosemont, who also attended the rally, urged the government to show some "reason" in its dealings with the students.

"These two young women who have been upfront about their honest mistakes deserve better," he added.

When reached for comment, Sean Best, spokesman for the federal immigration and citizenship ministry, said the students are "still subject to removal orders" and the Canadian Border Services Agency has the right to enter any place of worship.

But, he noted these types of cases typically take a while before being resolved.

MARCO VIGLIOTTI/METRO

Highway 11

Driver dies in crash with semi

A 60-year-old man is dead after a car collided with a semi on Highway 11 Saturday morning.

Craik RCMP were called to the scene of the fatal crash near Aylesbury, Sask., just before 11:30 a.m.

The driver of the car died in the crash, while the 58-year-old semi driver was uninjured.

Traffic heading southbound was reduced to one lane Saturday afternoon as a traffic reconstructionist and the coroner were on site.

RCMP are still investigating the cause of the accident.

Aylesbury is about 60 kilometres north of Moose Jaw, Sask. METRO

Winkler Heritage Festival

Boy airlifted to hospital in Winnipeg after being injured by a parade float

A young Manitoba boy has been airlifted to hospital in Winnipeg after officials say he was injured by a parade float.

Const. Rick Wolfe with the Winkler Police Service says the boy was between five- and 10-years-old and had been part of the float crew at the annual Winkler Heritage Festival parade on Saturday.

Wolfe says the boy was from the Winkler area and was listed in stable condition after the incident.

STARS Air Ambulance spokesman Colin Fast says it appears the boy was on the float at one point, but may have gotten off to either accept, or give out, candy.

Fast says he was run over by the float that was being pulled on a seven-metre trailer.

In July 2012, an eight-year-old boy died after being run over by a float in a parade celebrating the centennial of Preeceville, Sask.

THE CANADIAN PRESS

Man jailed in N. Korea very sick: Family

Hospitalization. U.S. State Department has called for Kenneth Bae's release on humanitarian grounds

Kenneth Bae poses with his niece Ella in Washington state in this undated family photo. TERRY CHUNG/ THE ASSOCIATED PRESS

An American man detained in North Korea for the past nine months has been hospitalized after losing more than 50 pounds, and the need to bring him home is becoming more urgent, his sister said Sunday.

Kenneth Bae, a 45-year-old tour operator and Christian missionary, was arrested last November and accused of subversive activities against the communist government. He was sentenced in May to 15 years of hard labour, and in letters to his family in the Seattle area he described working in the fields weeding and planting beans and potatoes.

His sister, Terri Chung of Edmonds, Wash., said Sunday the family recently learned that he has been transferred from the labour camp to a hospital. Her brother suffers from diabetes, an enlarged heart, liver problems and back pain, she said.

"He's considerably weaker," Chung said. "There's more urgency than ever to bring him home."

THE ASSOCIATED PRESS

Powerful Typhoon Utor strikes Philippines

A worker folds a billboard ad ahead of powerful Typhoon Utor in Manila, Philippines, on Sunday. Utor made landfall in the northern Philippines on Monday, toppling power lines and dumping heavy rains across mountains, cities and food-growing plains and leaving at least 23 fishermen missing. There was no immediate word on casualties.

AARON FAVILA/THE ASSOCIATED PRESS

Arrest made

French serviceman accused of plot to shoot up mosque

The French Interior Ministry says a military serviceman who was planning an attack on a mosque has been arrested.

In a statement Sunday, the ministry said a 23-year-old man, who was stationed at an air base near the city of Lyon, was "close to ideas of the extreme, radical right."

The statement said the man was planning to fire on a mosque in the area. It did not say when he was taken into custody.

THE ASSOCIATED PRESS

Norway

Hail to the chief: Taxi riders driven by PM turned cabbie

Norwegian Prime Minister Jens Stoltenberg dressed up as a taxi driver and took passengers around Oslo in an unusual election campaign stunt.

A video posted on social media Sunday shows the candid-camera-like moments when the passengers realize the man behind the wheel is Stoltenberg.

The prime minister says the point was to find out "what people really think."

Labour Party spokeswoman Pia Gulbrandsen said most of the passengers hailed Stoltenberg's cab while others "were told that they would be picked up" but not by whom. THE ASSOCIATED PRESS

Civil war remembered

Former wife holds ex-Liberian ruler Taylor up as martyr

The ex-wife of former Liberian president Charles Taylor said the convicted war criminal made "the ultimate sacrifice" by exiting the country 10 years ago Sunday, an event that effectively ended a brutal 14-year civil war that claimed 250,000 lives.

Jewel Taylor, now a powerful senator, said the war may have been a "necessary" chapter in Liberia's history.

THE ASSOCIATED PRESS

Mali. Voters hope new president can bring peace

From the ancient desert town of Timbuktu to refugee camps in neighbouring countries, voters chose Sunday who should lead Mali out of the political upheaval that left the country's north in the hands of al-Qaida-linked militants for much of last year.

Mali's next president will be tasked with not only rebuilding the country's shattered economy but also resolving a simmering separatist movement in the far north. Voters heading to the polls on Sunday said they wanted a leader who could bring a lasting calm to the country after a year and a half of turmoil.

It was former prime minister Ibrahim Boubacar Keita's race to lose after winning nearly 40 per cent of the first-round vote and receiving endorsements from almost all the other candidates. He faced former finance minister Soumaila Cisse, and results are expected by Friday.

Keita has run on a campaign of restoring Mali's dignity.

"Today everyone agrees that the man for the job is Ibrahim Boubacar Keita who can bring us security and peace because he's the one who can stand up to the Tuareg rebels who have put the country in this situation," 67-year-old voter Youssouf Coulibaly said.

Quoted

"The rain here is a blessing and a good sign."

Presidential candidate Ibrahim Boubacar Keita

Many in the south blame the Tuareg separatists for unleashing the ruinous chaos because it was their rebellion that provoked the soldiers behind the coup in March 2012.

In the aftermath, the al-Qaida-linked extremists took hold across the north and began imposing a harsh interpretation of Islamic Shariah law that meted out public amputations and whippings.

The jihadists fled the north's major towns after a French-led military operation was launched in January.

THE ASSOCIATED PRESS

Egypt. Morsi backers brace for police clashes

Supporters of ousted president Mohammed Morsi fortified their two Cairo sit-in sites as Egyptian security officials said their forces will move against the entrenched protest camps within 24 hours — perhaps as early as daybreak Monday.

At the main sit-in, vendors said they have sold hundreds of gas masks, goggles and gloves to protesters readying for police tear gas. Three waist-high barriers of concrete and wood have been built against armoured vehicles.

Egypt, where more than 250 people have been killed in clashes since Morsi was toppled July 3, braced for more violence as the four-day Muslim Eid celebrations wrapped up Sunday to end the holy month of Ramadan.

The security officials said they would set up cordons around the protest sites to bar anyone from entering.

The Interior Ministry has said it would take gradual measures, issuing warnings in recent weeks and saying it would use water cannons and tear gas to minimize casualties.

THE ASSOCIATED PRESS

A newlywed couple stand before supporters of Egypt's ousted president Mohammed Morsi in Cairo on Sunday. MANU BRABO/THE ASSOCIATED PRESS

NSA scandal

Father set to visit Snowden in exile

The father of National Security Agency leaker Edward Snowden has secured documents to visit his son in Russia and plans to discuss how he could fight espionage charges, Lon Snowden said Sunday.

The elder Snowden isn't convinced his son would get a fair hearing in court, given politicians' "irresponsible" descriptions of his son's act. THE ASSOCIATED PRESS

Lon Snowden, father of Edward
ROSSIYA 24 VIA APTN/THE ASSOCIATED PRESS

Outrage on both sides

Israel, Palestinians apparently trade homes for prisoners

Israel approved building nearly 1,200 more settlement homes Sunday and agreed to release 26 long-held Palestinian security prisoners — highlighting an apparent settlements-for-prisoners trade-off that got both sides back to peace talks after a five-year freeze.

Yet concerns were mounting, especially among Palestinians, that the price is too steep. Sunday's announcement was Israel's third in a week on promoting Jewish settlements on war-won lands the Palestinians want for a state.

In Israel, the most vocal protests came from relatives of those killed in attacks carried out by Palestinians slated for release.

Palestinian prisoners are seen in their communities as heroes who made sacrifices for independence. Many Israelis view those involved in killings as cold-blooded terrorists. THE ASSOCIATED PRESS

Pakistan

Eight dead from toxic liquor: Police

Pakistani police say at least eight people in the port city of Karachi have died after consuming homemade liquor.

Police officer Mohammad Sarwar said Sunday that 14 people from Christian-dominated slums in the city, Pakistan's largest, were hospitalized after drinking toxic liquor late Saturday night.

He said eight died and six others are being treated.

Sarwar said police have arrested two people for allegedly selling the toxic liquor and looking for those who distilled it illegally. He said the two suspects and all the victims were Christians.

Liquor poisoning is common in Pakistan, where the Muslim majority is forbidden to consume or sell alcohol. Non-Muslims can drink, but many poor buy the cheapest homemade liquor, which is often adulterated. THE ASSOCIATED PRESS

Two young boys laid to rest after being killed by python

Mandy Trecartin, back left, and Andrew Barthe follow the casket at the funeral for their sons Noah and Connor Barthe at St. Thomas Aquinas Roman Catholic Church in Campbellton, N.B., on Saturday. The two young boys were killed by a python while they slept in an apartment above an exotic pet store earlier in the week. ANDREW VAUGHAN/THE CANADIAN PRESS

Abductor and teen stood out in wild: Rider

Suspect shot dead. Girl said to be in pyjamas, found unharmed after mother, brother killed

The four horseback riders who encountered a California teen and her abductor said Sunday that they decided to contact police because the pair seemed out of place and ill-equipped for the Idaho wilderness.

Mark John said the man, who he later identified as the wanted James Lee DiMaggio, 40, wasn't friendly and carried only a light pack. The girl, 16-year-old Hannah Anderson, was wearing pyjamas or sweatpants.

DiMaggio was killed by authorities Saturday. He is suspected of killing Anderson's mother and brother and abducting the teenager.

FBI agents are processing evidence at the campsite in central Idaho's Frank Church River of No Return Wilderness. Details about the operation that ended in Anderson's rescue are being released slowly.

The mountainous area is extremely steep, and the closest point where the helicopters could drop the FBI Hostage Rescue Team was more than a two-hour hike away. The agents crept close to the camp, waited until DiMaggio and Hannah separated, and then moved in.

The FBI won't release details about what happened until an investigation is complete.

The case began when the charred bodies of Hannah's mother, Christina Anderson, 44, and the teen's eight-year-old brother, Ethan Anderson, were found on Aug. 4 in DiMaggio's burning house outside San Diego, near the Mexico border.

DiMaggio was close to the family. Christina Anderson's husband, Brett Anderson, has described him as a best friend and said the children thought of him as an uncle. THE ASSOCIATED PRESS

James Lee DiMaggio, 40, left, was suspected of abducting family friend Hannah Anderson, 16. SAN DIEGO SHERIFF'S DEPARTMENT/THE ASSOCIATED PRESS FILE

Philippine former slave Estelita Dy speaks alongside supporters in Tokyo.
SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

Former sex slaves cry out for recognition

A tearful Philippine woman recounted Sunday how she was kidnapped by Japanese troops during the Second World War and forced into sex slavery, as she and her supporters gathered to demand Japan do more to bring justice to former "comfort women."

Estelita Dy, 83, and her supporters met in Tokyo as part of events to commemorate the day the first victim of Japanese sex slavery came forward on Aug. 14, 1991.

Rights groups are trying to gain international support to have Aug. 14 become a UN-recognized memorial day as a way to pressure Japan to take more responsibility.

Prime Minister Shinzo Abe has backpedalled from Tokyo's past apologies, saying there's no proof Japan's wartime government forced women into prostitution.

At Sunday's meeting, Dy's supporters criticized Abe's government for rejecting a UN human-rights panel's recommendations earlier this year that urged Japan to better educate the public and take steps to bring justice for the victims.

In a tearful speech, Dy said she was kidnapped by soldiers when she went to market to sell vegetables, when she was 14. Dy was repeatedly raped for three weeks until American troops rescued her.

Historians say there were up to 200,000 sex slaves from across Asia. THE ASSOCIATED PRESS

Environmentalists mark milestone 'war in the woods' protest

Clayoquot Sound. Civil disobedience act in 1993 impacts resource industries today, including current conflicts over pipelines

RCMP arrest an anti-logging protester for blocking logging trucks at Clayoquot Valley on July 30, 1993. THE CANADIAN PRESS FILE

It is the quiet amid the chaos just as the logging trucks and police rolled in that Tzeporah Berman remembers acutely about the "war in the woods," the fight by environmentalists 20 years ago over Clayoquot Sound that the now-seasoned campaigner says set the stage for today's battles over pipelines and other resource development issues.

Every day for almost three months during the summer of 1993, Berman and hundreds of other protesters stared down the logging trucks destined for some of Canada's most pristine old-growth forests on Vancouver Island, B.C.

Despite more than 800 arrests, including the iconic mass arrests of more than 300 people on Aug. 9, 1993, the protesters prevented the rainforest from being clear-cut, and sparked a new kind of environmental campaigning.

Environmentalists celebrated the anniversary this weekend, but the mayor of one of the communities hardest hit by the eventual decision to reverse clear-cut logging in the sound and preserve it as a UNESCO biosphere, says his community has little to cheer about.

Ucluelet Mayor Bill Irving, who worked for 20 years in forestry himself, said the suggested riches of transitioning from an economy based on forestry and fishery to one based on tourism have never really panned out.

One of the largest acts of civil disobedience in Canadian history began after the provincial government decided to allow forest products company MacMillan Bloedel — then a scion of B.C. business, but no longer in existence — to clear cut in the old-growth forest.

Environmentalists said the trees were some of the oldest and largest in Canada.

Starting in July 1993, the protest crowds grew and grew and so did the coverage, reaching around the globe as environmentalists demonstrated outside Canadian embassies and high commissions in England, Australia, Germany, Austria, the United States and Japan.

THE CANADIAN PRESS

Obama's vacation is no holiday for island residents

U.S. President Barack Obama reacts after missing a shot on the first hole at Farm Neck Golf Club in Oak Bluffs, Mass., on the island of Martha's Vineyard on Sunday. Unlike his past vacations here as president, Obama has upset some of the wealthy and well-connected residents of the island refuge with this visit because the Secret Service is banning vehicular traffic on a public road near Obama's six-bedroom rental home in Chilmark. JACQUELYN MARTIN/THE ASSOCIATED PRESS

Angola mine clearance

Prince Harry follows in mom Diana's footsteps

Prince Harry

Prince Harry is visiting Angola to see mine clearance efforts there with a charity championed by his late mother, Princess Diana.

The HALO Trust charity said Saturday that Harry will be touring minefields and meeting beneficiaries of the organization's work in the southern African nation.

HALO said Harry also will visit the densely-mined town of Cuito Cuanavale, a scene of heavy fighting during Angola's 1975-2002 civil war.

Diana highlighted the trust's work on a visit to a minefield being cleared by the organization in Angola in 1997.

THE ASSOCIATED PRESS

Hannah Gastonguay, holding her baby Rahab, is followed by her husband Sean and the couple's three-year-old daughter Ardith, as they disembark in the port city of San Antonio, Chile, on Friday. The northern Arizona family was lost at sea for weeks in an ill-fated attempt to leave the U.S. over what they consider government interference in religion. LAS ULTIMAS NOTICIAS/THE ASSOCIATED PRESS

Family quits U.S., gets lost at sea

Rescued after adrift for weeks. Arizona clan says it tried to abandon the States over government interference in religion

A northern Arizona family has survived being lost at sea for weeks after an ill-fated attempt to leave the U.S. over what they consider government interference in religion.

Hannah Gastonguay and her family will fly back home Sunday after taking their two small children and her father-in-law and setting sail from San Diego for the tiny Pacific island nation of Kiribati in May.

Weeks into their journey, the Gastonguays hit a series of storms that damaged their small boat, leaving them adrift for weeks, unable to make progress. They were eventually picked up by a Venezuelan fishing vessel, transferred to a Japanese cargo ship and taken to Chile.

Their flights home were arranged by U.S. Embassy officials, Gastonguay said. The U.S. State Department declined to comment on Sunday.

The months-long journey has been "pretty exciting" and a "little scary at certain points," Gastonguay told The Associated Press by telephone.

The 26-year-old mother said they wanted to go to Kiribati because "we didn't want to go anywhere big." She said they understood the island to be "one of the least developed countries in the world."

Kiribati is a group of islands just off the equator and the international date line about halfway between Hawaii and Australia. The total population is just over 100,000 people of primarily Micronesian descent.

Hannah Gastonguay said her family was fed up with government control in the U.S. As Christians they don't believe in "abortion, homosexuality, in the state-controlled church," she said.

THE ASSOCIATED PRESS

Lacked the skills to pull off plan

"They were looking for a kind of adventure. They wanted to live on a Polynesian island but they didn't have sufficient expertise to navigate adequately."

Police prefect Jose Luis Lopez, who took the family's statement in San Antonio, told the Chilean newspaper Las Ultimas Noticias.

Pilot dies in hot-air-balloon accident in Quebec

An international hot-air-balloon festival took a tragic turn on Sunday when a 26-year-old pilot died southeast of Montreal.

Maxime Trepanier had been taking part in the festivities at the 30th edition of a popular festival in St-Jean-sur-Richelieu.

Marie-Claude Beauvais, a festival spokeswoman, said the accident happened in nearby Mont-Saint-Grégoire, perhaps while the hot-air balloon was landing.

Beauvais said Trepanier was an experienced pilot and had been involved with the festival since he was a boy.

"He was very close to the festival family," said Beauvais, visibly shaken as she addressed reporters on Sunday.

Trepanier's father was also a festival pilot.

Investigators were on the scene trying to determine what caused the accident, which happened at 7:30 in the morning, said Quebec provincial police Sgt. Audrey-Anne Bilodeau.

The festival began on Saturday and runs until Aug. 18.

Beauvais said events would continue through the week but hot-air balloons would remain grounded on Sunday night in tribute to Trepanier.

According to its website, the International Balloon Festival of Saint-Jean-sur-Richelieu is "the biggest gathering of balloons in Canada," drawing 450,000 visitors a year.

The Transportation Safety says it's sending investigators to look into the accident.

THE CANADIAN PRESS

Toronto's mayor. 'I had a couple beers,' video blown out of proportion: Ford

Toronto Mayor Rob Ford said he had a couple of beers at a street festival Friday night but contended videos that have sparked a torrent of criticism are being blown out of proportion.

"I drove myself down there, I was not drinking. I went out, had a few beers and I did not drive home. My people met me after that," Ford told his weekly radio show on NewsTalk 1010.

Three videos posted online Friday show the mayor apparently enjoying a night on the town and bantering with residents.

Many people took to Twitter in response to the video posting to criticize and ridicule the mayor, accusing him of being drunk and scolding his behaviour.

"Yet another public shame from our mayor," one person posted on Twitter.

But Ford says he doesn't think he did anything that would offend anyone.

"Did I have a couple beers? Absolutely I had a couple beers," Ford said.

"I had a good time, I let my hair down."

His brother, Coun. Doug Ford, suggested on the same radio show that his brother did not have too much to drink.

"You seemed all right," Doug Ford said.

Mayor Ford's behaviour has attracted international attention since news reports surfaced this year of an alleged video that appeared to show him smoking crack cocaine. **THE CANADIAN PRESS**

The mayor poses with Jaime Castillo on Friday at Taste of the Danforth. Videos and photos online are raising questions about Ford's behaviour. COURTESY JAIME CASTILLO

No hippies allowed? B.C. government closes park over 'rainbow gathering'

Hundreds of campers who had planned to live off the land for a month in a northern Vancouver Island provincial park are being forced to go elsewhere.

The B.C. government shut down Raft Cove Provincial Park, about 130 kilometres west of Port McNeill.

The closure on Saturday came after locals raised concerns that a mass gathering of participants of the so-called Rainbow World Gathering of Tribes would wreak havoc.

"The closure was prompted over specific concerns that an increase in the number of visitors unprepared for such a remote and rugged location would significantly increase the risk to public health and safety, the protection of the natural environment and the preservation of park values," BC Parks said in a written statement.

THE CANADIAN PRESS

Tight quarters

"This is a place where, when there are 30 people there on a weekend, it feels crowded."

Terry Ruth Eissfeldt, who created a Facebook page last week to oppose the gathering and said nearly two thousand people were expected for the 'rainbow gathering.'

It lifts, separates and then lights up

Flash your assets.
California clothing-maker predicts that illuminated apparel, like this LED bra, will soon be the norm

KATHRYN GILBERT
Metro World News

After five and a half years working in electronics for the U.S. Navy, Nick Kneuper went to a music festival and saw a piece of technology that caught his eye. And lo and behold, Electric Styles was born: An apparel brand that brightens your wares with electroluminescent wiring. The two-year-old Californian company lights up a variety of clothes, from bras to hoodies. Metro chatted to the ex-military man about his LED push-up bra, a $60-to-$70 US number powered by two AA batteries.

A model flaunts an LED light-up bra made by California company Electric Styles. ELECTRICSTYLES.COM

Why light up a bra?
Well, my girlfriend wore one to a club and the girls there went crazy over it.

Do you have any celebrity fans?
One of the top 20 most recognizable actresses in America is going to wear one of our bras in a 2014 feature film. But our clothes have been everywhere — (Brazilian actor) Rodrigo Santoro was wearing a light-up hoodie on MTV.

Which celebrity would you love to wear your bras?
All of them! But especially Megan Fox — I think she would love them.

Do you think one day people will wear light-up bras to the shops?
I think so. Culture is moving in the direction where light-up clothing is going to be every day. Also you can wear them under T-shirts so they shine through. Anyway, in a couple of years light-up clothing will be the norm.

Would you make matching underwear?
Every girl asks for that. It's difficult though because it's too flimsy — there's nowhere to put the battery pack.

Real estate. New data muddies predictions for housing market

Canada's much-watched housing market is sending out mixed signals these days — even for analysts.

A spate of fresh data and yet one more market-cooling tweak from Ottawa last week has put one of the most important sectors in the Canadian economy, and the most important asset-source for most Canadians, on a kind of death watch.

That's because while some of the data, such as home prices and starts, is pointing to the soothing "soft landing" that homeowners, economists, banks and politicians are fingers-crossed hoping for, others, like land purchases and building permits, suggest the real message is the crash is coming.

Last week, Statistics Canada reported that building permits in the residential sector fell 12.9 per cent in June, and permits for multi-unit dwellings — mostly condos — sank even further, by 18.8 per cent.

THE CANADIAN PRESS

Is the Canadian housing market in for a hard or soft landing? Confusingly, new figures point to both possibilities. THE CANADIAN PRESS FILE

Outer space

Satellite maker putting work of art into orbit

If aliens ever target Earth, Jon Gibson and Amanda White are counting on their having a sense of humour and an appreciation for pop art.

The duo have created an elaborate Andy Warhol-like design that has been etched onto the panel of a satellite, transforming the spacecraft into a replica of an oversized electrical charging device.

"If someone is going to invade our planet, presumably they're going to come in some sort of electronic, electricity-powered ship," Gibson muses. "Maybe this will make them stop for a moment and say, 'These guys are nice. We're not going to destroy their planet.'"

Craig Clark, who runs the Scotland-based firm that will launch the satellite, said that of the 1,000 or so functioning satellites that orbit Earth, there isn't one he knows of that also doubles as art. THE ASSOCIATED PRESS

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THIRD AVENUE HOPES

URBAN COMPASS

Hilary Nelson
saskatoon@metronews.ca

The other day I bicycled down to view Saskatoon's newest engineering marvel — the Circle Drive South Bridge. It's a utilitarian object, meant to transport people from one side to the other, with a minimum of fuss. An eerie hum from the traffic overhead haunts the pathway for bicycles and people afoot. It's lonely. I doubt a century from now it will be considered a heritage structure.

A hundred years ago, a different structure was finished in this city — one that was ambitious in its aim to house a tenth of the existing population, as well as the architecture, to create a roof cleverly propped up to provide an uninterrupted view to those inside.

Such a structure would very likely not be built today, in our zeal for public-private-partnerships and the almighty lowest bid. The stonework would be ruled out as mere frippery, the size an affront to a sensible person.

The pipe organ would be deemed unnecessarily large — with its 2,400-odd pipes — and a waste of money. In short, we never would have built Third Avenue United.

It's an absolutely gorgeous work of architecture. Good architecture is the carving of a great space out of empty air, and this is a great space. It is fantastic to have such excellent acoustics — many larger cities would kill for a venue like this. Now most of our public performing spaces are built with little thought for acoustics, as the ever-present sound system can conquer the most stubborn of halls. A concert can be held in Third Avenue United with no power at all (although the attendees may get a bit cold in the winter).

Changing hands

The church is in need of repair, and the congregation can no longer afford the upkeep on a century-old stone building.

This week is the deadline for the bid on the updated Request for Proposals issued this spring by the church and River Bend Presbytery for the purchase of the property.

The presbytery wants a cash offer on the table for the property, an outright purchase. The church is in need of repair, and the congregation can no longer afford the upkeep on a century-old stone building. Fortunately, the RFP requires that the new owner apply for heritage status and preserve the building.

I'll warn you now — I'm absolutely partial to the non-profit arts organization Third Avenue Centre's proposal for the site, a grand performance space partnered with the University of Saskatchewan and other music, arts and culture groups to create an incubator for the performing arts.

To build a similarly sized venue from scratch would run around $100 million, if not more. And, given our predilection in the recent decades to abandon aesthetics for the sake of cost, it wouldn't look a tenth as good.

WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

Ajoy Pinto CONTRIBUTED

A great loss for our Metro family

Ajoy Pinto was a beloved member of the Metro family for seven years.

Thousands of readers met him through his work in the marketing and promotions department. Ajoy personally contacted Club Metro contest winners from coast to coast and regularly attended Metro events.

We're grateful to have known such a passionate, gentle, funny and talented man.

His sense of humour and kindness will always be remembered.

Ajoy Leon Pinto
Born: April 22, 1977
Passed away: Aug. 9, 2013
Beloved son of Tony and Alphonsa.
Brother of Arjun and Lisa.
Marketing dude. Visual artist. Photog. Sports junkie. Early adopter. Foodie. Movie buff. Baseball fan.
In lieu of flowers, donations can be made to the Gerry & Nancy Pencer Brain Trust.
Visitation and funeral will be at a Toronto location this week.
"If the World were perfect, it wouldn't be."
– Yogi Berra

ZOOM

How do you pick where to picnic?

PETER KLAUNZER/KEYSTONE/THE ASSOCIATED PRESS

This piece is a little bit patchy

People picnic on a huge picnic blanket Sunday on the Ruggisberg near Roggwil, Switzerland. The picnic blanket is an art installation called Bignick by the artistic twin brothers Frank and Patrik Riklin.
GETTY IMAGES

Embedded in society

"It should be placed in the middle of society, not in the museum! The best pieces of art are not recognized as such."

Frank Riklin said on his website.
The duo began creating interventions in public spaces 10 years ago while they were both studying at art schools separately in Zurich and Berlin.

Playing jokes like when they were kids

Their projects often engage with people who become actors in a performance. Sometimes their works have social implications that are partly a gag, and part philanthropy.

One project is a shabby phone that the twins installed on the side of the town hall building in Chur, Switzerland, that functions to raise money for deaf people. The potential donor calls a number and establishes how much they would like to donate to the project. At that point the telephone set up in Chur rings, and any passerby who answers the call saves the donation from dropping. METRO

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Find out why Robin Thicke and Icona Pop think their multiplatinum hits should be named "song of the summer." And for Miley Cyrus, Daft Punk and Bruno Mars, who weren't available to chat, here are some lyrics from their anthems to defend their honour.

THE ASSOCIATED PRESS

5 song of summer contenders

You know you want it

Blurred Lines: Robin Thicke, featuring T.I. and Pharrell
"It has a (nice) tempo, it has a sense of humour and it feels like live music instead of that synth and digital sound, which Daft Punk has (with Get Lucky) and (Bruno Mars') Treasure has," Thicke said of his infectious, naughty jam, the longest-running song on the Billboard Hot 100 chart this year at eight weeks (and counting).

Call it luck

Get Lucky: Daft Punk, featuring Pharrell
"We've come too far to give up who we are, so let's raise the bar and our cups to the stars," Pharrell sings on a disco-flavoured beat that heals the soul. "The present has no ribbon, your gift keeps on giving, what is this I'm feeling, if you wanna leave I'm with it."
Sounds like a plan!

A 2012 song dominates in 2013

I Love It: Icona Pop, featuring Charli XCX
"People get wild when they hear it and it's like liberating and everybody can sing along to it. It's a party song or it's at least a song you can party to even though the message is coming out from a really hard heartbreak," said Caroline Hjelt of the Swedish duo. "If you're in the car on your way to something or festivals or pre-parties or out at the club, it works in so many ways."

Can't stop, won't stop

We Can't Stop: Miley Cyrus
"It's our party we can do what we want to, it's our house we can love who we want to, it's our song we can sing if we want to, it's my mouth I can say what I want to," Cyrus sings on her musical coming-out anthem that was originally meant for Rihanna. She's ready for the spotlight.

Golden hit from pop's golden boy

Treasure: Bruno Mars
"Pretty girl, pretty girl, pretty girl, you should be smiling; a girl like you should never look so blue," Mars sings in a matter-of-fact manner over a welcoming beat on his 11th top 10 hit. "You're everything I see in my dreams, I wouldn't say that to you if it wasn't true."
How sweet.

Bryan Cranston the next Lex Luthor?

Breaking Bad again. Actor's bald look from his career-defining TV role makes him a top pick for the villain in Superman flick

NED EHRBAR
Metro World News in Hollywood

Casting rumours for the Man of Steel sequel have ramped up online, with speculation swirling about who will play Batman and main Superman villain Lex Luthor. Given his career-defining run as the good man gone bad — with a shaved head — on Breaking Bad, it's no surprise that Bryan Cranston is the name popping up. So how does Cranston feel about it?

"Give me a call," he says with a grin. And to hear Cranston tell it, he's already given some thought as to getting into Luthor's psyche. "I like Lex Luthor. I think he's misunderstood. He's a loveable, sweet man," Cranston says.

Should he sign up for yet another iconic hairless villain though — the film is set for release in the summer of 2015 and would likely shoot next year — at least one person might not be so thrilled: his wife. "She wasn't so keen on the bald head," Cranston admits. "The bald head ages a man. It's just that she didn't know me that way, and the last six years it's all of a sudden like sleeping with a stranger — who was less exciting than her own husband."

Bryan Cranston has already given some thought to playing Lex Luthor.
CONTRIBUTED

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Oprah Winfrey

Admirable Oprah stays classy in the face of blatant discrimination in Zurich

Even Oprah Winfrey isn't safe from discrimination, as she learned while shopping for a handbag in Zurich recently. Winfrey tells Entertainment Tonight that when she asked a clerk at the chic Trois Pommes boutique to see a $35,000 Tom Ford bag, the clerk refused. "She says to me, 'No. It's too expensive,'" Winfrey remembers. "'That one will cost too much and you will not be able to afford that.'" Winfrey, who earned an estimated $77 million in the last year, decided not to make a scene. "I could have had the big blowup thing and thrown down the (American Express) black card and all that stuff, but why do that?" she says. A spokeswoman for the boutique calls the episode "an absolute misunderstanding," saying the problem was the clerk did not recognize Winfrey.

The Word

Oh baby, it's been quite a week with the Kardashians

Just in case you needed to know what is up with America's favourite Armenian family, it looks like Kourtney Kardashian has some explaining to do. On Thursday, Michael Girgenti, a professional model, filed a paternity suit in Los Angeles County Superior Court, saying that he had a one-night stand with Kardashian. Which wouldn't be all that noteworthy, except he is saying her son Mason is actually his and not Scott Disick's. The model is now seeking joint custody of Mason. Kardashian's lawyer, Shawn Holley, said in a statement that Girgenti's accusations are "false and defamatory."

Meanwhile, sis Kim Kardashian is still refusing to sell pictures of baby North West. TMZ is reporting that she and baby daddy Kanye West have been offered upwards of $3 million for pictures of the tot, but they have declined all offers. Per the website, Kim and Kanye are either going to release them to an upscale publication (Vanity Fair is reportedly being thrown around) or they are going to put them up on social media, a la Blue Ivy.

Twitter

@bobsaget
I don't like to drink alone 'cause there's nobody to fight with.

@billmaher
I'm leaving for a real vaca. To an island. If u dont hear from me in a week im off the grid! 2 wks call for help, Putin's got me!

Welcome sonny boy! Vince Vaughn celebrates birth of second child

Vince Vaughn

Vince Vaughn is a dad once again. The Wedding Crashers star and his wife, Kyla Weber, welcomed their second child, a boy, last week, according to Us Weekly. The baby boy, named Vernon Lindsay Vaughn, joins two-year-old big sister Locklyn Kyla Vaughn. Vernon arrived weighing in at eight pounds, four ounces at a hospital outside of L.A.

Children Under 12 FREE (when accompanied by an Adult)

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ROUTE 22

Indian & Métis Centre - 168 Wall St.
Bangladesh – Brunskill School - 101 Wiggins Ave.
West-Central Africa - Kinsmen/Henk Ruys Soccer – 219 Primrose Dr.
Brazilian - Kinsmen/Henk Ruys Soccer – 219 Primrose Dr.
Loation - Kinsmen/Henk Ruys Soccer – 219 Primrose Dr.
Oromo - Kinsmen/Henk Ruys Soccer – 219 Primrose Dr.
Pakistan - Kinsmen Henk Ruys Soccer – 219 Primrose Dr.
South Sudan - Kinsmen/Henk Ruys Soccer – 219 Primrose Dr.

ROUTE 23

Hungarian - St. Joseph Hall – Broadway Ave. & 8th
Chinese – Aden Bowman Collegiate – 1904 Clarence Ave.
Francophone – Ecole Canadienne Francaise – 2410 Woodward Ave.
India - Walter Murray Collegiate – 1905 Preston Ave.
Irish – Nutana Curling Rink – 2002 Arlington Ave.
Central America & Mexico – Lions Arena – 2205 McEown Ave.
Jewish Community Centre – 715 McKinnon Ave.

ROUTE 24

German Canadian Concordia Club – 160 Cartwright St
Ukrainian - Prairieland Exhibition Hall – D – Ruth Street W.
Philippine - Prairieland Exhibition Hall – C– Ruth Street W.
Caribbean - Prairieland Exhibition Hall – B– Ruth Street W.
Scottish – Prairieland Exhibition Hall – A– Ruth Street W.
Greek - Prairieland Exhibition Hall – E – Ruth Street W.

Fun chores

Matching up missing socks

Our clothes dryer seems to be a Bermuda Triangle for socks and I'm sure yours is the same. They go in as a pair, but come out individually on different occasions.

When a sock comes out on its own, I throw it into a container.

Each time I do laundry and a new batch of one-sided socks come out, I make it into a fun matching game for the kids.

I have them go through all the new socks and the socks in the container to see if there are any matches. The kids have fun searching for matches and it always results in a few happy sock reunions!

GWEN LERON/YUMMYMUMMYCLUB.CA

Safety tips

Taking your children into crowds

If you are going into a crowded venue with young children, here are three easy safety steps you can always employ to ensure their safety — and your sanity.

1. Put your business card in the child's pocket.

2. With a marker, write your cellphone number on the back of the child's hand.

3. Take a photo of each child with your phone. Should you become separated from a child, it will be easier for you to be reconnected.

EVELYN HANNON/ YUMMYMUMMYCLUB.CA

Exclusively Online

Read comedic (mis)adventures of parenthood online, with a glass in hand, with Reasons Mommy Drinks at metronews.ca/voices

Life according to kids

Lessons. We could learn a lot from our children — like friendliness, curiosity and simply saying hello

TANYA ENBERG
yummymummyclub.ca

With a baby comes the old neighbourhood lady in the faded floral frock.

Sitting on our front porch bench is the only cue this woman needs to climb our stoop and, using a squeaky, high-pitched voice, repeatedly tell our child she loves him.

She also calls out an onslaught of orders (she wants him to shake her hand, wave, smile and clap). That he's not a circus monkey willing to perform tricks on demand only makes her press harder. "Shake my hand! Here! Here! Shake my hand!" she says over and over.

We don't know this woman. In fact, she barely acknowledges us, which makes this all more than just a little strange.

We suspect she's lonely, that this small interaction makes her day, so we're patient.

Adults, take notes from kids and smile at people you pass by instead of avoiding eye contact at all costs. ISTOCK

Of course this overzealous, baby-induced behaviour is not exclusive to her. Nothing turns presumably sane folks into big piles of goo-goo-ga-ga mush quite like fresh-faced, apple-cheeked babies.

Indeed they can inspire even the grouchiest of adults to start babbling nonsensically like oversized infants.

It's understandable — getting treated to a little squish's gummy grin is like being hugged inside and out.

It is somewhat addictive, really. We find them irresistible because they are refreshingly open to the world and fascinated by the people in it.

For instance, our son doesn't turn steely-faced when someone looks his direction. He doesn't try to avoid eye contact by sticking his nose in a giant picture book.

Like his very huggable peers, he's not cynical or greedy and he doesn't know how to lie. He is naturally warm and kind, and has boundless amounts of unbridled curiosity.

Parents, don't you just wish you could bottle this innocence, wonderment and untarnished state of being and hold onto it forever?

If only we could keep just some of that spirit alive.

The number of passersby willing to wave, giggle, coo and play peek-a-boo with unfamiliar children is astonishing, but the rate at which they close down the instant they see another grownup is depressing.

For a moment, like the creaky lady who lives up the street, they've made a connection. Then, just as quickly, they've hardened up, put on a coating of thick, impermeable skin, and set off again.

Certainly I am not suggesting we go around greeting everyone like overexcited puppies, but basic civility wouldn't be too much to ask for, would it?

We could simply acknowledge one another. Smile. Say hello.

We could learn a lot from these tiny, happy creatures that so easily draw us out of our protective shells.

After all, we were once just like them, smiling, laughing and loving fully. Living vivaciously and unselfconsciously and inquisitively.

And, finally, we were appreciative of the simple things in life, and that truly is no small thing.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

He's got those home from camp blues

How can parents help transition kids from exciting camp life back to the reality of home?

A welcome home party

When my son went to camp for the first time, he was greeted with "Welcome Home" signs, giddy siblings, neighbours, cousins and friends. We had his favourite meal ready for him and the kids had an evening in the pool. Coming home felt pretty darn good.

Plan activities

Don't let them come home and wallow in boredom. Remind them that being home is fun too and plan some fun family outings.

Support new interests

Maybe they learned a bit of guitar, enjoyed being in the camp play or discovered they had a flare for arts and crafts. Joc Palm, Director of Glen Bernard Camp suggests encouraging them to continue with these interests with local classes. Supporting their new camp interest at home is a positive step in helping with the transition home. Palm also suggests that campers contribute to a school or community project that embodies their camp's values. Camp has fostered an incredible appreciation of nature for my girls. As a result, they have been involved in projects and protests that make both them and their camp proud.

Pen pals

When my son comes home from Camp Ponacka, he is holding on tight to his "Rag Bag" — a journal given to all of the boys including email and snail mail addresses. Camp Director Anne Morawetz says encouraging the boys to keep in touch makes being away from their summer buddies a little less painful.

Social media

If your kids are on social media, they can stay connected with camp through Facebook and other channels. It is a great way for a child to keep that connected feeling to camp.

JULIE COLE/YUMMYMUMMYCLUB.CA

What's black and white and yummy all over? This dish

This Soy Maple Sesame Crusted Chicken dish serves four. COURTESY ROSE REISMAN

ROSE REISMAN
rosereisman.com

This is a simple and delicious trendy Asian chicken dish that goes well over soba noodles.

The sesame seed coating gives a crunchy texture to this meal. If you can find the black and white mixed sesame seeds, the appearance is enhanced.

1. Preheat the oven to 375 F (190 C). Line a baking sheet with foil sprayed with vegetable spray.

2. Combine egg and milk, dip chicken breast in wash, then in sesame seeds, and salt and pepper. Place on baking sheet and bake 15 minutes or until the temperature reaches 160 F (71 C). Let cool for 5 minutes.

3. Boil soba noodles until just tender (about 5 minutes). Drain and place on serving dish. Place chicken overtop.

Ingredients

- 1 egg
- 2 tbsp 2% milk
- 1 lb (500 g) boneless chicken breast
- 1/2 cup (125 ml) toasted sesame seeds
- pinch of salt and pepper

Soy maple glaze

- 1/4 cup (60 ml) soy sauce
- 1/4 cup (60 ml) maple syrup
- 2 tsp (10 ml) cornstarch

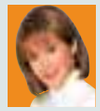
- 4 oz (125 g) soba noodles
- 2 tbsp (30 ml) chopped cilantro for garnish

4. To make the soy maple glaze: Place soy sauce, maple syrup and cornstarch in a small saucepan and whisk until the cornstarch is dissolved. Bring to a boil and simmer for 2 minutes just until slightly thickened.

5. Drizzle glaze over chicken and garnish with cilantro.

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Brunch is the quintessential weekend meal, but some staples are loaded with calories, fat and sodium.

Omelette, 4 sausages, hash browns, 2 biscuits, whipped butter

2,200 calories /140 g fat / 5,700 mg sodium

It has more than a day's calories, two days of fat and four days of sodium!

Equivalent

A plate of omelette, four sausages, hash browns, two biscuits and whipped butter is equivalent in sodium to four 235-gram bags of Ruffles Regular potato chips.

Omelette (ham-cheese) veggies, fruit, English muffin and bacon

900 calories / 61 g fat / 1,800 mg sodium

This choice is filling and more nutritious. Enjoy it on a weekend only.

Honey Garlic Beef Stir-Fry

1. Sauce: Combine first 6 ingredients in a bowl. Reserve. In a separate bowl combine beef with 1/4 cup (50 ml) reserved sauce.

2. Combine cornstarch and water. Reserve.

3. Heat large non-stick skillet over medium-high heat. Add oil. When pan is hot, add beef.

4. Cook the meat until outside of beef is cooked, about 2 minutes. Add frozen vegetables and sauce. Bring sauce to a boil, cook, stirring constantly for 2-3 minutes until vegetables and beef are cooked through. Add cornstarch mixture. Cook, stirring constantly until thickened, about 1 minute.

NEWS CANADA/ BEEMAID.COM

Ingredients

- 1/2 cup (125 ml) BeeMaid Honey
- 1/4 cup (50 ml) teriyaki sauce
- 3 cloves garlic, minced
- 2 tbsp (30 ml) oyster sauce
- 1 tsp (5 ml) sesame oil
- 1/4 tsp (1 ml) hot sauce or red pepper flakes
- 1 lb (500 g) thinly sliced beef strips
- 1 tbsp (15 ml) corn starch
- 2 tbsp (30 ml) water
- 2 tbsp (30 ml) vegetable oil
- 1 pkg (600 g) Europe's Best Zen Garden Frozen Vegetables

Asian Noodle and Vegetable Salad makes greens exciting

This recipe serves six to eight people. CONTRIBUTED

1. Peel garlic and peel and grate gingerroot. In a blender, purée garlic, ginger, peanut butter, milk, soy sauce and hot pepper sauce until smooth. With motor running, drizzle vinegar through hole in lid until blended; let stand for 10 minutes.

2. In bowl, cover rice noodles with boiling water; let soak, stirring occasionally for 2 to 3 minutes or until softened, according to package instructions. Drain and rinse under cold water. Return to bowl.

3. Pour dressing over noodles and add carrots, red pepper, cucumber and basil; toss gently to coat. Line serving plates with greens and top with noodle salad. Drizzle with dressing left in bowl and garnish with peanuts.

DAIRY FARMERS OF CANADA (FAMILYKITCHEN.CA)

Ingredients

- 1 small clove garlic
- 1 inch (2.5 cm) peeled and grated fresh gingerroot
- 2/3 cup (160 ml) peanut butter
- 1 cup (250 ml) milk
- 3 tbsp (45 ml) soy sauce
- 1/4 tsp (1 ml) hot pepper sauce
- 1/3 cup (80 ml) rice vinegar or cider vinegar
- 8 oz (250 g) thin rice noodles
- Boiling water
- 2 carrots, cut into matchsticks
- 1 red bell pepper, halved and cut into thin strips
- 1/2 English cucumber, thinly sliced
- 2 tbsp (30 ml) chopped fresh basil or fresh mint, or both
- Torn salad greens
- Chopped peanuts

Earlier to rise means later to wise?

Drowsy at the desk. The debate about ideal school start times snoozes on as parents worry about an extra-curricular collision

Studies have shown that young children are natural larks — up with the sun — while adolescents become more owl-like as puberty progresses. ISTOCK

Quinn Cooney of Mill Creek, Wash., is excited about starting high school in September, but she's not looking forward to waking up at 5:30 a.m. to arrive on time. Classes for ninth-graders start at 7:30 a.m., 45 minutes earlier than they did in middle school.

"I think it is going to be harder to get up," said Quinn, 13. "I do think it is better to start early so that we can be finished early and do things after school, but I am worried that if I have a boring class for my first period that it will be hard to stay awake."

Decades of sleep research have confirmed what parents know: It's hard for teenagers to wake up early. Some high schools have adopted late starts around 8:30 a.m. to improve attendance and performance. But other districts say it's too complicated to shift schedules because of logistics involving buses and after-school activities.

About 40 per cent of U.S. public high schools open before 8 a.m., according to the U.S. Department of Education's National Center for Education Statistics, with just 15 per cent starting 8:30 a.m. or later. In districts where early starts are necessary because the same bus does multiple runs for high school, middle school and elementary students, teens often get the early shift.

That's the case in Anne Arundel County, Md., where public high schools start at 7:17 a.m. and buses start running at 5:50 a.m. Lisa Rodvien taught high school there, in Annapolis, and says attendance at her first-period classes was "as low as 50 per cent or below."

Among those who showed up, "I would definitely see three or four kids with their heads down. You walk over to them to wake them up and get them to sit up, and you see that they're exhausted."

Earlier this year, Anne Arundel school officials laid out options for delaying start times to anywhere from 7:32 a.m. to 9:45 a.m. along with potential complications, such as additional costs if buses are added, child care issues where late-day schedules might prevent teens from picking up younger siblings after school and implications for teams if they end up playing in the dark. Bob Mosier, spokesman for Anne Arundel schools, said no decisions have been made.

But the focus on logistics is frustrating for Heather Macintosh, spokeswoman for a national organization called Start School Later that's headquartered in Annapolis.

"What is the priority?" she said. "It should be education, health and safety. All the other stuff may not be perfect — you may have to have your violin lesson before school or install lights on your field (for sports) — but it will work itself out."

Megan Kuhfeld, a graduate student at the University of California-Los Angeles who's been studying late-start debates since she was an undergrad at Duke University in North Carolina, surveyed some 35 districts that switched to later starts and found most were glad they'd made the switch.

Not only did students benefit, for the most part, but "the things people had feared — how transportation would be affected, how sports would be affected — became the new normal and people adjusted," she said.

But Kuhfeld knows firsthand the pros and cons of late-start high schools, having attended one in Chapel Hill, N.C. "I enjoyed waking up later than everyone in the area next to me where there were early start times," she said. But as a member of the tennis team, she had to miss sixth and seventh period classes to compete at other schools. In junior and senior year, that meant classes had to be made up. "It was hard to balance everything," she said. "I'd get home at 8 p.m. and hadn't had dinner yet."

THE ASSOCIATED PRESS

It's about time

Still, advocates say several studies show the benefits of late start schools outweigh the drawbacks.

- In 1996, high school start times in Edina, Minn., changed from 7:20 a.m. to 8:30 a.m. The change improved attendance, decreased tardiness and left kids more alert, better prepared and even less depressed and less likely to visit school nurses, according to studies led by Kyla Wahlstrom, director of the Center for Applied Research and Educational Improvement at the University of Minnesota.

Sisters are doin' it for themselves

Moving on up. It's still a struggle for women to win in the working world, but they're fighting a bold battle

ASHLEY MILNE-TYTE
TalentEgg.ca

Female entrepreneurship has always lagged behind men's — for decades, women couldn't even open a bank account without a husband or male relative co-signing — but women are making up for lost time. Between 1997 and 2013 the number of women-owned businesses leapt by 59 per cent. Today, according to American Express Open's annual report on female entrepreneurs, there are 8.6 million women-owned businesses in the U.S. Almost a third of firms are owned by women. And female entrepreneurship is undergoing a demographic shift: back in 1997, 17 per cent of firms were owned by women of colour. Today, that number is 31 per cent.

Julie Weeks of Womenable, a consultancy, says all this reflects women's growing educational accomplishments, experience in the workplace, and confidence. Still, entrepreneurship is far from an easy road.

"Only one in 10 or so adults in the U.S. owns their own business," she says. "It is a daunting thing to do. If you don't work, you don't get a paycheque. You have to have a certain iron gut to take that step and do it."

Although plenty of women have that iron gut, women-owned businesses bring in just four per cent of business revenues. In short, most women-owned firms stay small. Very small. Weeks spends a lot of time talking about how female-owned businesses can grow, employ others and help the economy. But she recognizes that many women want to be "solopreneurs" — to build their work around their schedules and to serve clients on their own terms.

ASHLEY MILNE-TYTE IS A RADIO PRODUCER AND JOURNALIST WHOSE PODCAST – THE BROAD EXPERIENCE – TAKES A LOOK AT WOMEN IN THE WORKPLACE

Minding your own business

When going out on your own for the first time, a few rules apply:

- Be prepared to work hard — probably harder than you ever did in an organization. You are now responsible for landing all your own work. Many entrepreneurs need to be in perennial marketing mode to get that next gig.
- Make sure your online presence is up to scratch — that means having an attractive website that accurately describes what you do, and using social media on a regular basis. Depending on what you do, you may also want to start a blog. Have an opinion. You need to stand out amongst many competitors.
- Stay on top of your finances. You no longer have a regular paycheque, and to bring in money you'll need to spend some money. If being your own accountant terrifies you, don't let it. There's tons of software out there that can help.

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Rafael Nadal celebrates his victory over Canadian Milos Raonic during the Rogers Cup final on Sunday in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

Nadal extends Canadian drought

Rogers Cup. Spaniard beats Ontario's Raonic, who is now ranked 10th in the world

Milos Raonic called it a learning experience.

It certainly wasn't the victory party the Uniprix Stadium crowd was hoping for as Rafael Nadal took only one hour eight minutes to down Canada's top tennis player 6-2, 6-2 in the $3.49-million US Rogers Cup final on Sunday.

But it had taken 55 years for a Canadian just to get to the final of the country's biggest tournament, so Raonic had much to celebrate despite the defeat.

For one, by reaching the final he will be ranked 10th in the world when the next rankings appear Monday morning, making him the first Canadian to crack the top 10. He will be the youngest player in the top 10 as well.

"The tournament overall was a great thing," the 22-year-old from Thornhill, Ont., said. "There were a lot of situations that I'm very happy with the way I dealt with them, and there were a lot of learning experiences through it all.

Women's draw

Serena Williams breezed to her third Rogers Cup title with a 6-2, 6-0 victory over unseeded Romanian Sorana Cirstea in Sunday's final.

- Williams's path was cleared by the absence of Maria Sharapova, Victoria Azarenka and Marion Bartoli, all due to injury.

"A lot of stepping stones that I need to do in my career happened this week, so that's great. The match, obviously I'm a little disappointed with myself. I would have hoped to deal with that situation a little bit better."

The last Canadian to reach the final of what was then called the Canadian Open, the now 81-year-old Robert Bedard of Sherbrooke, Que., was among the more than 11,000 at centre court to see the power-serving Raonic meticulously taken apart by Nadal's service returns and brilliant baseline play.

THE CANADIAN PRESS

Sask. native travelled a long road to MLB debut

Twins pitcher Andrew Albers
THE ASSOCIATED PRESS

Last Tuesday, Andrew Albers pitched 8 1/3 innings of shutout ball for the Minnesota Twins in one of the best major-league debuts by a Canadian in history.

But it wasn't too long ago that he thought about giving up on baseball completely.

Selected by the San Diego Padres in the 10th round of the 2008 amateur draft, the North Battleford, Sask., native was less than a year into his professional baseball career when his elbow betrayed him.

Albers underwent Tommy John surgery in the spring of 2009, and his rehab was long and painful.

"Coming back from that was tough," he said. "At one point, to be honest, I didn't even care if I couldn't play baseball again. I was about four months (into rehab) and I couldn't get the range of motion down with my arm. I was really struggling with that.

"I just wanted to be able to move my arm again. I didn't care about baseball."

But Albers stuck to it, undergoing a second surgery to remove scar tissue from his elbow and beginning the rehab process once more.

Albers makes his next start — and his debut in Minneapolis — on Monday against the Cleveland Indians.

THE CANADIAN PRESS

In pictures

1 Big win, big cup. Duf man downs the field

Jason Dufner won his first major title with a two-stroke victory over Jim Furyk at the PGA Championship.

Dufner shot a 2-under 68 on Sunday to finish at 10-under 270.

THE ASSOCIATED PRESS

2 Dropping the ball. A's blast Jays' bullpen

The Toronto Blue Jays were done in by a faltering bullpen in a 6-4 loss to the Oakland Athletics on Sunday.

After a respectable outing from starter R.A. Dickey, an eighth-inning implosion by veteran reliever Darren Oliver was enough to cost the Blue Jays a win on Canada Baseball Day. THE CANADIAN PRESS

3 He goes fast. Bolt back on top of the world

Usain Bolt restored order to the world of sprinting by reclaiming the 100-metre world championship gold he lost through a false start in South Korea two years ago. THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
It can, of course, be fun taking life a day at a time but the more you look ahead and visualize where you are going the more likely it is your dreams will come true

♉ Taurus
April 21 - May 21
Make an effort to co-operate with people today, even though some of the idiots – sorry, associates – you have to deal with are annoying in the extreme.

♊ Gemini
May 22 - June 21
Keep your senses on full alert today and you could see or hear something that benefits you in surprising ways. It does not matter what the source happens to be, just make sure you are the first to react – and act.

♋ Cancer
June 22 - July 23
Greet the week with a song in your heart and a smile on your face and don't let anyone upset you in any way.

♌ Leo
July 24 - Aug. 23
Don't keep your ideas to yourself – make sure everyone knows what is buzzing around that big brain of yours. Someone in a position of power may like one of your ideas to such an extent that he backs it with money.

♍ Virgo
Aug. 24 - Sept. 23
You will enjoy being put to the test over the next seven days. It gives you the chance to show what you can do – and you can do plenty. If ever there was a time to impress important people, that time is now.

♎ Libra
Sept. 24 - Oct. 23
You may be wondering if you are smart enough to compete with people who are more experienced than you. You won't know until you try but the planets indicate you'll do okay.

♏ Scorpio
Oct. 24 - Nov. 22
Even if you are stuck behind a desk or in some other way forced to stay in one place you can imagine where you would like to be – and will be before long if you have anything to do with it. Never stop dreaming.

♐ Sagittarius
Nov. 23 - Dec. 21
Get-rich-quick schemes are rarely a good idea, so maybe you should think twice, if not three times, before signing up to something you cannot know for sure will be a success.

♑ Capricorn
Dec. 22 - Jan. 20
All may seem well with your world at the moment but don't lose sight of the fact that you have an important issue to take care of before the week ahead is done.

♒ Aquarius
Jan. 21 - Feb. 19
When dealing with people, one-to-one or in groups, focus on what you have in common rather than what divides you.

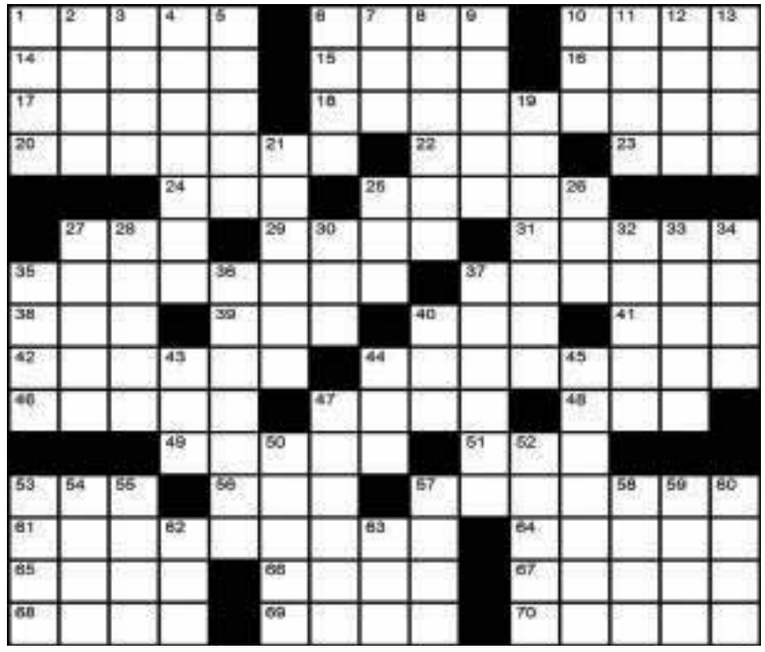
♓ Pisces
Feb. 20 - March 20
You will find it easy to express your affection for, well, just about everyone today. It's because you can see a bit of good in each and every individual. The world would be a better place if there were more people like you in it.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. __ Bay, NS
6. Butterfingers reaction!
10. Vocalist variety
14. Input user-name/password info: 2 wds.
15. Uncommon
16. Riviere-du-__, QC
17. For everyone to hear
18. Laurentians resort, Mont-__
20. Fridge door decorations
22. The Company org.
23. "__ Boot" (1981)
24. Three, in Italy
25. Finicky
27. Train co.
29. Horse gait
31. Somewhat
35. Car company
37. Glum
38. 1965 hit for The Miracles: "__ Baby Baby"
39. "Ho __" by The Lumineers
40. Banqueted
41. Tony Orlando's tree
42. Actress Laura
44. Common indoor nuisance
46. Apprehension
47. Had in hand
48. Cadillac _ _ _
49. Instrument on The Beatles' "Norwegian Wood"
51. Suffix with 'Capital'
53. Watering hole
56. Small batteries
57. David's formidable opponent
61. Group of Seven painter, _.__ __ (b.1882 - d.1974)
64. Accustom or harden
65. Prep the present, with It
66. Betty White's "Hot in Cleveland" role
67. "Me and Bobby __" by Janis Joplin
68. Call from the supermarket counter...
69. Reservations spot
70. Get the tea ready

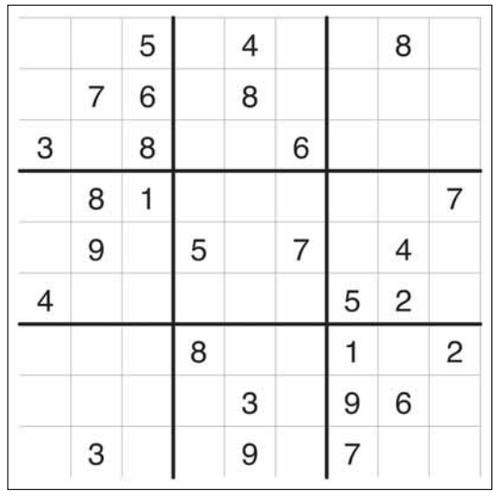
Down

1. '70s music genre, __ Rock
2. The Kinks hit
3. Excited
4. Canada, for one
5. Bitter-__ (Diehard)
6. Supper scraps
7. Propel the canoe
8. Chopped ahead of time
9. 18-wheelers
10. Totally
11. Bunch of clothes in the washing machine
12. Salmon alternative
13. Selects
19. Channel-Port aux __, Newfoundland
21. Tea bags brand
25. Not against
26. Actor Mr. Brynner
27. Church singing group
28. Likely to
30. Singer, Lana Del __
32. Upward
33. Sigils
34. Like the pen's blue stuff
35. Frigid
36. New Brunswick town, 'The Lobster Capital of the World'
37. Dancer's rehearsal spot
40. ISP, e.g.
43. "If I Ruled the World" rapper
44. Not him
45. Dodo Bird's status
47. Inconvenience
50. Marvin Gaye/Kim Weston duet: "It __ Two"
52. Slenderizes
53. Like the carpenter's wood
54. Funeral rite sight
55. Town that's east of Toronto
57. Pesky bug
58. Eye: German
59. Tire swing supporter
60. Uriah __, Charles Dickens character
62. Appropriate
63. Cheese from Quebec

Friday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

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